



## SUMMER SPORTS ENHANCEMENT PROGRAM

BEGINS: JUNE 5<sup>TH</sup>

The program for 2018 will consist of agility, plyometrics, speed/conditioning, and strength training to improve athletic performance, as well as reduce the risk of injury. The athletes will be instructed and guided by licensed physical therapists to assure safe and appropriate techniques.

The program will be held at the Kidder County School, either in the gym or the football field, for all athletes that will be entering 7<sup>th</sup> grade, through seniors in high school. The sessions will last one hour, with the potential for more than one session, based on the number of athletes in the program.

The cost will be \$135.00 if paid prior to May 22<sup>nd</sup> and \$150.00 for each athlete after May 22<sup>nd</sup>. Please return this form to Advanced Physical Therapy the day of the program start date. Payment can be made by check the first day of the program or by credit card, by calling 701-751-3001.

Athlete Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Age/Grade: \_\_\_\_\_

2 Program Sessions  
Per Week On Tuesday  
and Thursday

Cost:

\$135.00 Per Athlete if  
paid by May 22<sup>nd</sup>

\$150.00 Per Athlete  
when paid after May  
22<sup>nd</sup>

Payment Can Be Made  
By Check Or Credit  
Card

Athletes Ages:  
Entering 7<sup>th</sup> Grade to  
Seniors

June 5<sup>th</sup>-August 2<sup>nd</sup>

ADVANCED PHYSICAL  
THERAPY

1000 Tacoma Ave. Suite 500  
Bismarck, ND 58504

701-751-3001

[www.advancedptnd.com](http://www.advancedptnd.com)

June 5<sup>th</sup> – August 2<sup>nd</sup>